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[NO. 15.

DR. FULLER'S PRIZE DISSERTATION ON SCARLATINA ANGINOSA.

(Continued from page 219.)

WATER.—In the inflammatory form of scarlatina, cold water, in the form of affusion or sponging, may be regarded as one of the most important of known remedies; and if faithfully applied, and repeated as often as the skin becomes excessively hot, it will lower the pulse, prevent delirium, and for the most part answer the same purpose as bleeding. Hence, physicians who are averse to the employment of bloodletting in this disease, may substitute the affusion or sponging with cold water. Whenever affusion cannot be practised, sponging with cold water, or with water and vinegar, properly applied, and repeated as often as the heat of the skin requires, will produce nearly the same good effect as the affusion, and generally both the patient and his attendants will prefer it. The use, however, of cold water should be confined to the stage of excitement only; and as soon as that is fairly developed, the application of cold water may be commenced.

The combination of cold water and vinegar, in the proportion of two parts of the former to one of the latter, we believe is more effectual in reducing the heat of the surface than water by itself; and if the affusion or sponging is repeated six or eight times in the twenty-four hours, during the few first days of intense excitement, it never fails to reduce the fever and to obviate the fatal tendency of the disease, and is the best substitute for the lancet of any remedy with which we are acquainted. In ordinary cases it may not only be employed as a substitute for bleeding, but in the highly inflammatory scarlatina in conjunction with it, when the detraction of much less blood will be required. In the evening exacerbation of the fever, when delirium often occurs, we have seen it removed in the course of twenty or thirty minutes by the application of the cold water—the febrile excitement abates, and we have often noticed a reduction of twenty or thirty pulsations in a minute whilst under the influence of the sponging. Some physicians object to the use of cold fluids in this way, fearing that it may cause the rash to recede and occasion all the trouble which is known to follow the retrocession of the efflorescence in that form of the disease which is accompanied with a congestive typhus; but we have prescribed it in many hundred cases during the period of excitement, and always with much relief to the patient, and not in a single instance has it proved injurious, nor caused the rash to recede; and it is probable, if injury has ever followed its application, it was either continued beyond the

period of excitement, or improperly prescribed in the congestive forms of scarlatina, which are unaccompanied with a stage of excitement; therefore in that case it would increase the internal congestions, and consequently the danger of the disease.

The affusion may be performed by pouring a pail full of cold water into a sieve held over the patient's head, whilst standing in a large tub. But it is often inconvenient to employ the affusion, or the patient may be unable to stand, in which case sponging the body all over with the cold fluid may be substituted for the affusion. During the whole period of excitement the head should be kept constantly wet, by means of folded clothes wet in cold water and vinegar, and renewed as often as they become warm.

In the scarlatina accompanied with a congestive typhus, when the rash does not come out, or when it recedes soon after it has made its appearance, every means in our power should be employed to recall the eruption to the surface, by stimulating frictions, baths of warm water saturated with the muriate of soda, or the warm diluted aqua regia bath, or the steam or spirit bath, or any of the forms of bath above mentioned. Either of these may be employed three or four times in the course of twenty-four hours, until the capillaries are excited, reaction takes place, the internal congestions are removed, and the circulation equalized. Frictions should accompany the bathing, and often stimulants during the detraction of blood, as before recommended. Also frictions on the chest and back, with from six to twenty drops of croton oil twice daily, will bring back the rash, or cause an eruption resembling it, and afford relief to the congested organs.

The late Dr. Perkins, of tractorizing memory, in the treatment of scarlatina, placed his whole dependence upon the internal use and external application of vinegar saturated with common salt. The external application was joined with frictions with flannel, and in all cases where the surface was cold it was employed warm, and combined with the acetous tincture of capsicum; also the capsicum was given internally with the salt and vinegar. When given in large doses it often proved emetic and cathartic, which tended to equalize the circulation and the excitement. In an epidemic malignant scarlatina, some forty years since, in the State of Connecticut, the practitioners of those days employed the then popular remedies of bark and wine, and the result of their practice was, that four out of five died of the disease. When the epidemic was at its height, Dr. Perkins visited that region and prescribed his favorite salt, pepper and vinegar, with an effect to cure four out of five, and he often affirmed that not one individual died who commenced his treatment at the beginning of the disease.

Nitre.—Although this article may appear to some physicians useless in the treatment of scarlet fever, yet from long experience of its utility we recommend it as one of the most important adjuncts to other remedies, and of itself capable of removing some of the most urgent symptoms of the disease. As soon as the throat becomes sore and inflamed, a lump of nitre may be held in the mouth, and the solution swallowed from time to time, as the salt becomes dissolved. In this way nitre will

always relieve the inflammation in a remarkable degree ; and if used at the very commencement of the attack, will often prevent entirely the ulcerations of the throat and fauces. Care must be taken, however, that the patient does not get too much of the medicine in the course of one day ; for the extreme anxiety to remove the inflammation of the throat might urge him to employ it so liberally as to produce death, as one ounce in the course of twelve hours would often prove fatal ; but one or two drachms may be taken by an adult in the course of twenty-four hours, without danger.

In all cases of scarlatina attended with high arterial action and great heat, camphorated nitre, in the dose of from one to six grains, every two, three or four hours, according to the age and other circumstances of the patient, should be given in powder internally, in combination with pulv. antimonialis and calomel, during the few first days of the excitement. It adds very much to the febrifuge properties of the antimony and calomel, in reducing the heat, and in relaxing the external integuments. It also reduces the inflammation of the mucous membranes of the stomach and bowels, as much as that of the throat. Hence the great benefit which may be derived from its early employment. In some cases of excessive heat of the skin, during the stage of excitement, we have found a solution of nitre in water, applied to the surface of the body, much more effectual in reducing the heat than either water or vinegar and water.

In the nitre we possess another remedial agent for reducing morbid excitement, which, with the cold bathing, will in most cases prevent the necessity of bloodletting ; and if it does not cut short the disease, it will always render it milder. Furthermore, according to our experience, neither rheumatism, croup, or dropsy, follow scarlet fever when the morbid excitement has been properly reduced by the use of venesection, cold affusion, nitre, and other febrifuge remedies.

Acetum Plumbi.—Dr. Cullen and some other writers recommend this salt of lead to be employed for the reduction of febrile excitement ; but in consequence of its poisonous properties, it has not been very often given internally, yet its power of reducing external inflammation, when applied in solution to the inflamed surface, has been known for ages. And, reasoning from analogy, we should judge that it would be equally efficacious in reducing the inflammation of the mucous membranes of the prime *vise* ; accordingly we have given it in dysenteries of the worst kind, with an effect truly surprising, after other remedies had failed to relieve the tenesmus and the distressing tortina of the bowels. Recently Dr. Robert G. Graves has applied it in the Asiatic cholera, and has found it to allay the irritability of the stomach, to prevent nausea and vomiting, and to cure the disease, in almost all cases when given at the commencement.—*London Medical Gazette.*

Inflammation of the digestive mucous membrane being the primary effect of scarlatina, whatever prevents the inflammation, or moderates it when it has already occurred, will obviate the excessive excitement which follows, and consequently the danger of the disease. The acetum plumbi was first used as a gargle, and from its good effect in controlling the in-

plaster, when it may be spread and applied to the throat. At other times we have used the acetous tincture of capsicum, saturated with the muriate of soda, as an application to the swelled glands; but when the heat of the skin is very great, the poultices should be preferred, and the mustard and pepper be reserved for those cases where the heat is below the standard of health.

Cinchona.—Most writers of the last half of the eighteenth century recommended bark, combined with stimulants, as their sheet anchor in the treatment of scarlatina; but the disease must then have appeared in a different form from what it is at present, or they must have erred exceedingly in their pathology and treatment—for if, according to Broussais, the first link in the chain of morbid action is a gastro-enterite, induced by the poison of scarlatina, can the disease be removed by the employment of bark and wine? The very idea is preposterous, and we know of no circumstances which should induce us to employ bark, or any of its preparations, during the two first stages of the highly inflammatory disease; yet, we repeat, it is possible that in certain seasons, and in certain malarious locations, where the poison of scarlatina becomes combined with the miasm of those districts, the attending fever may assume the intermittent form, in which case the bark, or quinine and piperine, may be given during the intermission.

Bark and its preparations may also be given during the stage of collapse, or as a tonic to remove the debility after the fever has disappeared, and during the convalescence; but if congestions remain after the fever has abated, bark will increase them, and at length cause a fatal termination of the disease. In such cases it will be much better to employ an infusion of camomile, acidulated with either the elixir of vitriol or the muriatic acid; but, fortunately, neither bark or other tonics will be required, for the system will generally renovate without the aid of either tonics or stimulants, if the previous disease has been judiciously treated.

Stimulants.—These should never be employed during the two first stages of inflammatory scarlatina; but in the congestive form, whilst the vis viva is oppressed and almost overpowered, warm wine or warm brandy and water, powdered capsicum, tincture of cantharides, or the carbonate of ammonia, may be given to support the powers of life during the warm bathing and the operation of bleeding; but as soon as sufficient blood has been taken to remove the oppression and induce reaction, the stimulants must be withdrawn, or they will add fuel to the fire, which can never be quenched except by death. Wine and other cordial stimulants may also be employed, when indicated by excessive debility, in every form of scarlet fever during the stage of collapse, unless lesions exist in some of the most important internal viscera, in which case stimulants will aggravate every unfavorable symptom. In cases of extreme debility the diffusible stimulants, such as chloric ether, tincture of capsicum, tincture of flies, opium and carbonate of ammonia, are to be preferred to wine; and amongst them the carbonate of ammonia is one of the best, for it excites a gentle diaphoresis, and produces a more natural and healthy excitement than almost any other medicine of this

class; but in the last stage of congestive scarlatina, when the debility is accompanied with excessive irritability, opium, either alone or in combination with calomel, is a medicine of great utility, often, as in the last stage of cholera, snatching the patient from the grave.

Dover's powders are also among the best remedies in the stage of collapse. They do not beat like opium, but are more sudorific, and less disposed to affect the head, and perhaps relieve the irritability of the system as much as the uncombined opium.

The powdered capsicum, made into pills with crumbs of bread, and given three or four at once, four times a day, is a most valuable stimulant in the last stage of scarlatina, and we believe it to be an article of great utility in all cases of debility, from whatever cause it may originate. In passive haemorrhages and the petechial form of scarlatina, it is superior to almost any other remedy, and we think its use is too much neglected by the regular practitioners of the present day. The Africans are said to escape the deadly fevers of their climate by the daily use of the powdered capsicum, mixed with their food.

When the powers of life are sinking, camphor, in the dose of from one to three grains every hour, or the saturated alcoholic tincture, in the dose of from three to twenty drops every hour or two, is one of the most effectual remedies to lessen nervous irritability, to allay spasmodic action, to equalize the circulation, and to produce perspiration.

Piperine is an important stimulant, to be employed only during the stage of collapse, and if combined with quinine its tonic properties are very much enhanced.

(To be continued.)

COW-PARSNIP.

To the Editor of the Boston Medical and Surgical Journal.

SIR.—Although your correspondents have nearly established the botanical character of the cow-parsnip of Dr. Partridge, I herewith send you a specimen of the plant, which I prepared some time since, but for want of a suitable mode of conveyance have deferred sending it until you may think it altogether too late in the day.

It is a very common plant in this section of the country, and is known by the names of royal cow-parsnip, meadow cow-parsnip, golden Alexanders and false Alexanders. And in addition to the use of the seeds, as recommended by Dr. P., the root is held in high estimation by some as a stimulant and carminative.

Whether the enclosed is of any benefit to you or not, please to receive it as a token of respect from a reader of your valuable Journal.

Shaker Village, N. H., Oct. 20, 1838.

Wm. TRIPURE.

Note.—We acknowledge the safe reception of two beautifully prepared specimens of the above plant, which are at the service of those who would like to make themselves familiar with its appearance.—ED.

flammation of the throat and fauces, it was thought proper to give it internally in cases attended with tenderness at the stomach, accompanied with great irritability, nausea and vomiting, which are symptoms accompanying gastritis; and in all the cases where it was used, it seemed to act like a charm in allaying the morbid irritability and in preventing the high arterial action which otherwise would have followed. We, however, have not prescribed the medicine in a sufficient number of cases to establish its reputation, or to advise its employment generally in the treatment of the scarlet fever, but merely throw out these hints for the further consideration of other physicians. The dose is from one quarter of a grain to two grains, made into pills with one fourth part of opium, and given every two, three or four hours.

Nitras Argentis.—Since the observations of Dr. Higginbottom on the employment of the nitrate of silver for the removal of external inflammations were published, we have used a solution of the nitrate for a gargle in scarlatina, and have found it far more efficacious than the vegetable astringents usually employed. And its uniform effects in removing the irritability, inflammation and soreness of the throat, induced us to prescribe it internally to relieve the inflammation and irritability of the mucous membrane of the stomach and bowels, and in every instance where it was given it quieted the irritability of the stomach, and rendered the succeeding part of the disease very mild. Now if hereafter a further application of the medicine shall prove that it uniformly removes the inflammation of the mucous membranes of the *prima via*, we shall have obtained an agent with which all eruptive febrile diseases may be controlled and deprived of their fatal tendency at their very commencement, for we repeat that the skin affection and the excitement are in proportion to the severity of the inflammation of the mucous membranes.

Colchicum Autumnale.—The remarkable power of this medicine in reducing irritability and inflammation of internal organs, has induced some practitioners to extend its use to almost all inflammatory diseases; and Dr. Lewins, of Scotland, concludes, from the result of his trials, that "we may more certainly cut short fever, or, at least, break its force, by the judicious administration of colchicum, than by any other known means." And Dr. Tait, of Edinburgh, says that he has found it one of the most effectual remedies in the treatment of the highly inflammatory scarlatina—that it diminishes the inflammation of the mucous membranes, relieves the irritability and general excitement, and, when judiciously employed, will in all cases of increased arterial action obviate the necessity of venesection. The dose for an adult, of the wine of colchicum, is from twelve to fifteen drops every two or three hours, and for children three or four drops at the same periods of time; but as the general excitement abates, the dose must be reduced in quantity, or it may do injury. Perhaps ten drops four times a day may be sufficient in ordinary cases, provided that mercury and antimonials are employed at the same time.

The three last mentioned articles extend our resources in the treatment of the scarlatina, and their modus operandi in diminishing fever

and inflammation appears to be the power they possess of allaying morbid irritability, for which all three of the remedies are celebrated. If this view of the subject be correct, atropa belladonna will hereafter be found another most valuable article in the treatment of inflammatory affections, for it is still more remarkable in relieving irritability than either of the other medicines ; and it has lately proved so effectual in removing inflammation of the eyes, that its use will soon be extended to all inflammatory affections. But, as a general rule, all medicines which allay irritability and tranquillize the system, should be confined to those inflammations which result from a morbid irritability—such as gout, rheumatism, scarlet fever, erysipelatous fever, and some others.

Gargles.—After the throat becomes ulcerated, gargles often afford much relief. Any one of the vegetable astringents which the patient or physician may fancy, in decoction, may be employed for this purpose. The acetous tincture of capsicum, saturated with common salt, forms a most excellent gargle after the process of sloughing has taken place ; it separates the dead from the living parts, and communicates a healthy stimulus to the fauces and the glands of the throat.

Among the mineral astringents often employed, are borax, alum, acetum plumbi and salts of iron. But all of these gargles are far inferior to blue vitriol in a strong solution, the nitrate of silver, or creosote. One faithful application of either of these articles immediately arrests the ulcerating and sloughing process, and disposes the ulcerations to heal ; and by continuing the application twice a day, the reduction of the inflammation and soreness of the throat is so remarkable, that the deglutition becomes easy after a few applications.

Whenever the breath becomes extremely fetid, in consequence of the putrid ulcerations of the throat, a solution of the chloruret of lime or soda may often be employed as a gargle to destroy the fetor, and will afford comfort both to the patient and his attendants. One part of creosote to sixty parts of water may be employed for the same purpose.

Cataplasms.—Whenever the tonsils become much enlarged and the throat considerably swelled, the danger from suffocation becomes imminent. In such cases, poultices often afford quick and permanent relief, by reducing the swellings and by relieving the inflammation, and, according to our experience in such cases, poultices never induce suppuration. It is sometimes important, previous to their use, to apply leeches to the swelled glands, and sometimes blisters, but generally cataplasms alone, frequently repeated, are sufficient to remove the swellings and inflammation. The poultices may be made of linseed meal, or of linseed and corn meal, or of the slippery elm ; but we have sometimes employed a poultice made of carrots, boiled soft and passed through a sieve, and applied warm to the swellings, and have thought them superior to any other. If leeches and blisters have not been used, the volatile liniment may be applied to the throat every time the poultices are renewed.

Sometimes, as a substitute for the poultices, we have employed simpsons made by combining equal parts of rye meal and ground mustard, mixed together with a sufficient quantity of molasses to form into a

plaster, when it may be spread and applied to the throat. At other times we have used the acetous tincture of capsicum, saturated with the muriate of soda, as an application to the swelled glands; but when the heat of the skin is very great, the poultices should be preferred, and the mustard and pepper be reserved for those cases where the heat is below the standard of health.

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MEDICAL ESSAYS.—NO. II.

[Communicated for the Boston Medical and Surgical Journal.]

"EXTREMES ARE DANGEROUS."

THE moralist tells us that it is a law of our present condition, that every pleasure, pursued to excess, converts itself into poison, and becomes ruinous to soul and body. In conformity with this *law*, it may be said, that even every blessing and comfort of life enjoyed to excess (not being used according to the divine precept), becomes a curse, and is alike injurious to the health of soul and body. Man's proper province, therefore, in this sublunary world, is located in the *humble mean*, or at some secure position between those extremes, an approach to which is so dangerous. We have accordingly selected for the motto of this and the two following essays, an adage as old as time, and as durable as adamant—an adage that has received the sanction of all past history, as well as every day and hour's experience.

All enlightened nations have manifested a strong propensity to a *proverbial mode of expression*, or to a frequent use of *proverbs*; some of which have been truly remarkable for their beauty and energy, and some only need to be announced to produce a firm conviction of their truth. Many of them are still worthy of being called the *beacon lights* of life, unaccompanied by which the pilgrimage of many a man and woman becomes a still more bewildering scene, and greatly more expensive of time and money. We are not a little surprised to see how frequently the same proverb, or the sum and substance of the same, obtains a footing and general currency in the languages of different nations of the earth. But there is no one science or branch of human knowledge that partakes or abounds more in proverbs than that of the *healing art*. An eminent member of the medical profession, in our own country, speaking of the best system of modern medicine, says it is only a *converging series of maxims*. What child of enlightened lands has not had his attention arrested by, and felt the force of, that *jewel* of mother wit, *an ounce of prevention is worth a pound of cure*. Notwithstanding, should the motto of our essay be strictly observed, and every dangerous extreme avoided, the utility of even that *jewel* itself would seem to be superseded.

It must be admitted by all, and especially by every reasonable person, that excess in eating and drinking is a prolific source of disorder and disease. "A well-regulated system of diet," says one, "has great power in checking disease, and in promoting health." But in opposition to such a sentiment, the epicure and hard drinker must needs present their doctrine, and urge us to believe that *what nature craves is always healthful*. We would not, and need not, at once controvert this saying of theirs, whilst we assure them both, that the *appetite* which they possess, and of which they boast, is an unnatural and morbid one. The epicure and the intemperate may follow nature if they will only adhere to the genuine simplicity of nature, and ascribe nothing to her but her due. That being the case, she will never dictate wrong in regard to meats and drinks. The man who receives from her boun-

ful hand what is *necessary*, and only what is necessary, for the sustenance and comfort of the body, will always find that nature dictates right. But he who consults his own morbid appetite, and gives full license to whatever of food or drink presents itself, will sooner or later reap the products of his folly ; and if his conscience be not the lying variet of the epicure, or the seared iron of the drunkard, he will soon acknowledge his error and no longer boast of nature's friendship.

Of the extremes to be avoided, the first we shall mention is *excessive eating and drinking*, and the use of *in nutritive food*. By such means the system becomes so far disposed to disease, that the slightest approach of miasmatic poison will be likely to take real effect. A course of living of this sort will most certainly predispose the system to any disease ; and nothing will prove a more effectual barrier against all disorders, than a regular and simple diet upon suitable and nutritious food. Nutrition depends upon the quantity and quality of the food, and the regular periods of receiving it. Many, no doubt, have been predisposed to disease by mere inanition, or hunger. As to quantity, that indeed is to be determined by each one's own experience, although it seems pretty well ascertained that every individual may become accustomed to a fixed or measured quantity at every meal. The experience and testimony of Lewis Cornaro amount to full proof in regard to this matter. Having suffered so severely from his excesses in eating, he restricted himself to eleven ounces daily, and thenceforward enjoyed good health. His friends, through misguided or ill-judging sympathy, prevailed on him to add a little more to his daily repast ; the consequence of which was, that he suffered a sensible decline in his health. We may here, however, be told, that the stomach is like a school boy, doing mischief when it is not constantly employed. In reply, we need only allege, that in the case of the noble Venetian, the measured or limited quantity served no doubt to keep the stomach sufficiently occupied during the intervals of taking his allowance. Precisely the same quantity might not suffice for every individual ; and yet it may be said, with truth, that a certain quantity (far less than ordinary) might be fixed upon, that would afford the stomach sufficient occupation. As to quality, that, also, can be determined by experience. It is to be observed, however, that the quality of an article, in point of wholesomeness, may be materially changed by the method of preparing it, or by the art of cookery. The French and English, though but a few miles apart, differ very obviously in many things ; and in none more than their daily food, and the method of preparing it. The consequence is, the French enjoy more health, and experience fewer inflammatory diseases. Allowing all that is reasonable to a difference of climate and other causes, it is still very obvious, that the difference in point of health, in favor of the French, is to be attributed, in a good degree, to their peculiar moderation in eating and drinking. The same difference, attributable to the same cause, obtains between the French and Americans in Louisiana. And, further, the quality of the same article, in the hands of a French cook, is materially changed. This is not a little surprising, when we consider that the English, as well as Americans, have long been

savored with the advice of Cullen, and the experiments of Rumford, upon the subject. We do not mean to assert that the French cookery is entirely unexceptionable. The French cooks are sometimes too liberal in spices and condiments. These, no doubt, when used with moderation, serve to stimulate the stomach, promote digestion, and aid the secretions. We are also credibly informed that the injurious tendency of these things among the French, is often greatly, if not entirely, obviated by the use of coffee. The principal condiments are salt, sugar and vinegar, which we merely name, in order that the reader may be aware of an excessive use of them. In regard to the French cookery, we are not forgetful of what Broussais pretends to have discovered concerning the matter. Somewhere in his works, he takes exception to the French cookery, by alleging that the frequent use of high-seasoned articles of food had, in many instances, irritated the mucous membrane of the digestive tube, so that a susceptibility to inflammation was the natural consequence.

"The cookery of animal substances," says one, "is of two kinds, as it is applied in a humid form, in boiling and stewing; or in a dry form, in roasting, broiling and baking. By the joint application of heat and moisture, in boiling, the texture of meat is rendered more tender and more soluble in the stomach." The experiments of Count Rumford have established the point that *stewing*, with a low degree and long-continued action of heat, renders meat more nourishing than any other form of cookery. Some very interesting experiments have been performed in France, by M. Edwards and Julia Fontenelle, which serve to show that good food is to be known less by the weight which the body may acquire, than by the increase of muscular power. We should be pleased to see these experiments continued, and especially in our own country; with the anxious hope that it would have a tendency to check that imprudent and luxurious living so common among us.

It is ascertained that an habitual and excessive use of salted meats will dispose the system to cutaneous complaints; and nothing is more reasonable than that people should be debarred from the free use of fresh meats, in a warm climate, during an epidemic. There is, doubtless, under all circumstances, a choice of meats to be exercised; some of which are of course more wholesome, or better suited to the digestion of some, than others. Experience controverts the position that mankind will enjoy better health, by making use of *none but vegetable food*. A proportionate quantity of each seems to be generally the most profitable.

Dyspepsia is a common complaint; and in nine cases out of ten it is doubtless owing to an excessive use of improper meats and drinks, and irregular habits of eating. So much that is true has been said and written of late years, and so many stubborn facts recorded by the wise and talented among us, in regard to the evil of stimulating drinks, and the widely devastating career of Prince Alcohol, that the "wayfaring man, though a fool, need not err therein." As to coffee and tea, as used in this country, in most families, there is reason to believe that they are *both* detrimental. Good coffee has often been pronounced the most salutary of all drinks used at meal time; and some say, may be taken

with advantage at all times, when there is no bile in the stomach. Judging from experience, we would say, that in order to secure the advantage, coffee should invariably be used with moderation, and in the former part of the day. The nervous and astringent qualities it possesses, render it unsuitable for repose, or the night season. Whoever indulges much in the use of strong coffee at the supper table, will inevitably experience that morbid wakefulness which is so inseparable from a dyspeptic or disordered state of the stomach and bowels. Tea is a narcotic, but it may be used with advantage in moderation, in the evening, especially when associated with a proper quantity of sugar and milk. But tea, when taken too copiously, is productive of nervous weakness, tremors and palseies, and serves very much to aggravate hysterical and hypochondriacal disorders.

Bread is indeed the staff of life; but it is not every kind of bread, nor is it every kind of *making bread*, that secures the end proposed. Raised or light bread is plainly more wholesome and digestible; and we would add that *brown* bread, or bread of a mixed character, is generally more wholesome. The corn bread of the southern and western States, as a simple and wholesome aliment, holds precedence of all other bread in those States. The Indian bread of New England is much the same, but it is in very little use. Wheat and rye constitute the principal bread stuffs in that region, the latter being found the most wholesome. In regard to bread in general, we would recommend a change, or an occasional use of different kinds of bread; and we would at the same time most seriously enjoin upon all, the disuse of all kinds of hot bread. Among the excellent regulations of the State Prison at Auburn, New York, is an established rule, that no bread is to be eaten at any time, by the prisoners, but such as has been baked the day previous. It was remarked by an elderly physician, in one of our northern colleges, that certain students who were evidently dyspeptic, were *starched up with wheat bread*.

As to food in general, it is evident that whatever is crude and indigestible, ought to be rejected. It would seem that every faithful parent would guard his children against everything of that sort; and that painful experience would be a sufficient monitor for every adult. Unripe fruits and vegetables are never to be used with safety. Whilst reflecting upon the gifts and bounties of nature, we are prone to indulge the thought that the maturity or ripening of fruits carries in itself a striking and commanding intimation of the proper time, and the only time, when they can be used with safety.

BOSTON MEDICAL AND SURGICAL JOURNAL.

BOSTON, NOVEMBER 14, 1838.

LECTURES ON THE THEORY AND PRACTICE OF PHYSIC.

A SPLENDID octavo, of six hundred and ninety-nine pages, has recently appeared at Philadelphia, from the press of Herman Hooker, entitled

Lectures on the Theory and Practice of Physic, delivered in the College of Physicians and Surgeons of the University of the State of New York, by the late David Hosack, M.D. LL.D. F.R.S., Professor, &c. It has been kindly given to the public by the Rev. Dr. Ducachet, the friend and former pupil of Dr. H. Before his death, Dr. Hosack directed that all his papers should be given into the hands of this gentleman, who manifests a notable friendship and regard for the high attainments of the author. Here are forty-nine lectures, as they seem to have been prepared for the numerous classes which his wide-spreading fame drew to the college of New York; but those who had the happiness of a personal acquaintance with Dr. Hosack, will feel the full force of the editor's remark, that "the manner could not be represented. The vivid flashes of his keen eye, his fine, manly, commanding voice, his animation of delivery, rising, as it often did, to enthusiasm, and his graceful, powerful gesticulation—all are gone. No reader can imagine them." These forty-nine finished, interesting dissertations, relate exclusively to fevers and the phlegmasiae—leaving it to be understood that something else remains, to give a finish and completeness to the series. In a word, there is a direct acknowledgment of the fact expressed in the preface—which, by the way, is a beautiful specimen of respect and gratitude for the memory of a great professional man, who wielded his power for the best good of his fellow creatures; but the appearance of the remainder depends altogether on the encouragement arising from the sale of the present volume.

Having had the work but a few days, we have not read it sufficiently to give a decided opinion upon its value, as a rule of practice, to the practitioner. An opinion will be freely expressed, however, when we have become more conversant with the text. If at any time we speak unfavorably, it will not be because a dead lion can be spurned with impunity; nor from a disposition to underrate the powers of one who was greatly and justly distinguished in the profession of medicine. That lectures delivered ten years ago, on theory and practice, are defective or useless, just because they do not happen to be enveloped in the last French or German tissues, is all imaginary. The fundamental principles—the doctrines—rest on a foundation which no change of circumstances can alter.

But here the book must rest for the present, so far as a notice of it depends upon these pages. Suffice it to say, that we feel a warm partiality for the volume, little as we know of it—and beg the reader to call on Messrs. Crocker & Brewster, Washington street, or Weeks, Jordan & Co., and examine for themselves.

Mr. Combe's Lectures on Phrenology.—With a few interruptions, we have bestowed a thorough attention upon the lectures of this distinguished philosopher, since their commencement in Boston. We feel no half-way sentiments upon the matter, nor are we disposed to suppress what we unflinchingly acknowledge to be true, viz., that he is a profound man, who gains upon the understanding from day to day, by the simple presentations of truth. He must be regarded as an able, nay, an unrivaled teacher of a system which can alone explain the phenomena of mind. Call it phrenology, or discard the name if it calls up unpleasant associations; but it is as certain as the foundations of the everlasting hills, that the doctrines embraced by phrenology are predicated upon facts, a know-

ledge of which is necessary to unfold the web of thought and show the relationship we bear to each other, and the duties and responsibilities each one owes to society and to humanity. Wherever Mr. Combe may visit in our country, for the honor of our national character, if no other consideration were involved, we hope he will be appreciated for his devotion to the cause of human culture and social happiness, everywhere inculcated in his voluminous writings.

Infirmary for Persons laboring under Hernia.—A novel institution has been established in Philadelphia, to be opened on the 3d of December, for the gratuitous application of trusses. Dr. Heber Chase, the inventor of a celebrated and well-known instrument for the radical cure of hernia, is the surgeon, and Dr. Reynell Coates consulting surgeon. There are some curious statistical calculations in relation to the number of people who are suffering from hernia, in the prospectus, which we shall make use of as opportunity presents. It appears that an association exists in London for the distribution of trusses, but the plan devised by Dr. Chase, from the representations of the plan to be pursued, is altogether superior.

Phrenological Journal.—A second number of this periodical, issued at Philadelphia, has appeared, and a creditable production it is. The first article—"Phrenology—its origin and early history, &c."—is a book of remembrance of itself. The analysis of the character of Black Hawk is also worth a careful perusal. This Journal is still anonymous; but, though it is minus the name of a responsible editor, there is no lack of talent or sound manifestations of a desire to dispense philosophical truth. Mr. Fowler, a practical phrenologist, who is successful in gaining the respect and confidence of those who give him a proper opportunity to explain the principles of the doctrine he is professionally teaching, is the Boston agent, of whom the Journal may be procured.

New Tooth Extractor.—Two different patterns of a newly invented tooth extractor have been received here, direct from Edinburgh, which in point of finish are unrivaled. But the principle upon which they operate is decidedly an improvement, and it is desirable to have some of the surgical instrument makers procure the use of them a few days, from Dr. Dewar, to whom they were sent. As this gentleman will start for Cincinnati in a short time, the business should be attended to immediately.

University of New York.—Dr. Gunning S. Bedford has been appointed to the chair of obstetrics in this institution. Thus far, only four chairs, we believe, have been filled—and as a course of lectures is not to be given till a year from the present month of November, it is by no means essential that the corporation should manifest any haste in making up a medical faculty. Since the country abounds with men of the highest qualifications, it will operate against the interests of the university school, in a most disastrous manner, if common-place geniuses are forced into places for which they have neither the talent or learning, to gratify an individual desire to provide for subservient friends. One feature in the system of organization, in some of the col-

which not only keeps them below literary par, but hampers them with embarrassments of a formidable character, consists in having them managed by a clique of interested individuals, who always contrive to keep all places of profit and honor for a particular sort of obsequious dependents. The object is not, in all cases, as it should be, to draw in the powerful aid of profound intellect.

If the condition of several languishing, uninfluential medical colleges were carefully investigated, it would be found that the secret of their unprofitableness and lack of reputation lies in the narrow-mindedness, selfishness, self-esteem and dogged obstinacy of those who, like the dog in the manger, were lucky enough to get in themselves, but show a positive determination to keep every one out, who might endanger their public character by an exhibition of superior tact or brilliancy. That kissing goes by favor, in respect to some scientific establishments, cannot be denied. The whole history of their operations shows, beyond contradiction, that a liberal, high-minded, generous policy, would increase their funds, elevate a languishing cause, and thus gain the applause and sustaining agency of the community.

Beetles in the Mouth.—A wonderful story of a beetle being removed from the mouth of a man in England, was some time since published in the papers. An authentic report, by the surgeon in attendance, is contained in a late number of the Lancet, from which we obtain the following particulars. James Boyears, aged 67, in consequence of an injury to his neck seven years ago, has been partially paralyzed ever since, and during the past winter was compelled to keep his bed. On the 18th of March, complained of pain in his mouth. The left canine tooth of the lower jaw was found denuded to the bottom of its socket (the external lamina of bone forming the socket being deficient); the gums on each side, and below the tooth, up to the lower lip, ulcerated deeply. *Lotio calcis chlor.* was ordered to be constantly applied. On the 26th of April, the ulcer had proceeded slowly, and during the last two days had been very painful, with an extremely scatid odor. The tooth had now fallen out of its socket, which was occupied by what at first appeared to be a brown stump; this was removed with the forceps, and found to be a dead beetle. On further search, an ovum was found occupying the situation of the next bicuspid tooth, a stump of which had fallen out, and was lying with another ovum at the bottom of the ulcer. The patient was much relieved till the day of his death, May 9th. Mr. Morley, the surgeon, considers it a case of beetle disease, and analogous to the pickle cases in Ireland and Sweden. These insects only attack those in whom, from very great prostration of strength, there is predisposition to decay.

Medical College of Louisiana.—On the last Monday of November, the annual lecture season will commence in this institution, in the City of New Orleans. The board of faculty remains as it was when last adverted to in the Journal. Lectures are to be delivered in the Charity Hospital, and continue four months. The rules and requisites for a degree are precisely the same as in the University of Pennsylvania. From the peculiar location of this school, and its accessibility, there must necessarily be a large gathering of medical students.

Dinner to Dr. James Jackson and Dr. John C. Warren.—The members of the Boston Medical Association, actuated by the highest feelings of personal respect for these eminent men, whose profound attainments in science have justly placed them at the head of the profession, invited them to partake of a public dinner at the Pavilion on Thursday last, Nov. 8th. It was indeed a delightful entertainment, the recollection of which is an epoch in the history of medicine in the City of Boston. An abstract of the proceedings is in preparation.

Wind Confusions.—The editor of the American Medical Intelligencer seems to have become heartily sick of his blustering correspondents, Drs. Purdie and Annau, who have kept up a breeze so long, that a few more papers on the interminable subject of their prolixity would develop a whirlwind. Dr. Dunglison shows his good sense, as well as firmness, in assuring the combatants that on any other subject he shall be pleased to hear from his zealous correspondents.

Beck's Medical Jurisprudence.—A sixth edition of that most admirable and ably written work, by Drs. T. R. and J. B. Beck, is announced at Philadelphia. In the American Traveller, of last week, was the announcement of several new productions, chiefly, if we recollect, by medical gentlemen of Philadelphia. Of course, when they are published, something definite will be known about them.

To Correspondents.—A paper on dental surgery, from Edinburgh; Dr. Painchaud's report of a remarkable uterine tumor, from Quebec; Dr. Morris's valuable historical paper, from the same city; the continuation of the dietetic review; and the communications of Drs. Hosford and Wright, are in the order of publication. Various books and pamphlets are also received.

(F) Mr. C. W. James, General Agent for Periodicals, of Cincinnati, Ohio, is authorized to receive money due for the Boston Medical and Surgical Journal, and to receipt for the same.

October 31, 1838.

Deaths.—At Wayland, Mass., Edward Frost, M.D., a graduate of Harvard University in 1822.—At New York, Dr. A. B. Cooke, U. S. Navy, aged 46.—At Cincinnati, Ohio, Josiah Whitman, M.D., formerly a professor in the Ohio Medical College—a native of Barnstable, Mass.

Whole number of deaths in Boston for the week ending Nov. 10, 37. Males, 22—females, 15.
Of typhus fever, 5—scarlet fever, 6—malaria, 1—teething, 2—fits, 1—disease of the brain, 1—child bed, 1—liver complaint, 1—nervous fever, 1—Inflammation of the bowels, 3—lung fever, 3—ascites, 1—constriction of the heart, 1—burn, 2—phthisis, 2—cancer, 1—stillborn, 1.

PRIVATE MEDICAL INSTRUCTION.

The subscribers are associated for the purpose of giving a complete course of medical instruction. Their pupils will have regular access to the medical and surgical practice of the Massachusetts General Hospital. They will be admitted, also, to the practice of the House of Correction, which constantly presents a large number of important cases, and where opportunities will be afforded for acquiring a practical knowledge of compounding and dispensing medicines. They will be furnished with opportunities for the study of Practical Anatomy, not inferior to any in the country. To the pupils, particularly to those in the last year of their professional studies, facilities will be afforded for acquiring a personal acquaintance with private medical and obstetric practice. Instruction by examinations or lectures will be given in the different branches of medical studies, during the interval between the public lectures of the University. Books, and a room with fire and lights, will be furnished to the students at the expense of the instructors.

Oct 31—optf

GEORGE C. SHATTUCK,
WALTER CHANNING,
JOHN WARE,
GEORGE W. OTIS, Jr.
WINSLOW LEWIS, Jr.

*Medical Advertisements.***SCHOOL FOR MEDICAL INSTRUCTION.**

The Subscribers propose establishing a private Medical School, to go into operation the first of September next. The advantages of the Massachusetts General Hospital and other public institutions will be secured to the pupils; and every attainable facility will be afforded for anatomical pursuits.

Regular oral instructions and examinations in all the branches of the profession, will form a part of the plan intended to be pursued.

On the Practice of Medicine and Materia Medica, by
On Anatomy and Surgery, by
On Midwifery and Chemistry, by
On Physiology and Pathology, by

Dr. BIGELOW.
Dr. REYNOLDS.
Dr. STORER.
Dr. HOLMES.

Dissections will be carried on throughout the year, and a course of Lectures on Practical Anatomy and Surgery will be given in the interval between the Medical Lectures of Harvard University.

A room will be provided in a central part of the city, with all the conveniences required by students.

JACOB BIGELOW,
EDWARD REYNOLDS,
D. HUMPHREYS STORER,
OLIVER W. HOLMES.

Boston, August 17, 1838.

Aug 28—eptm

Oct. 17—5s

TO PHYSICIANS.

A PHYSICIAN residing about 15 miles from Boston, desirous of relinquishing practice, wishes to dispose of his estate. The land, about 14 acres, is well cultivated and stocked with trees, the buildings good, and the practice, having been in possession of the present occupant more than 30 years, a valuable one. With good security, the time of payment may suit the purchaser. Inquire at this office; if by mail, post-paid.

Oct. 17—5s

FALLING OF THE WOMB CURED BY EXTERNAL APPLICATION.
DR. A. G. HULL'S UTERO-ABDOMINAL SUPPORTER is offered to those afflicted with *Prolapsus Uteri*, or *Falling of the Womb*, and other diseases depending upon a relaxation of the abdominal muscles, as an instrument in every way calculated for relief and permanent restoration to health. When this instrument is carefully and properly fitted to the form of the patient, it invariably affords the most immediate immunity from the distressing "dragging and bearing-down" sensations which accompany nearly all cases of visceral displacements of the abdomen, and its skillful application is always followed by an early confirmation of radical relief from the patient herself. The Supporter is of simple construction, and can be applied by the patient without further aid. Within the last three years nearly 1500 of the *Utero-Abdominal Supporters* have been applied with the most happy results.

The very great success which this instrument has met, warrants the assertion, that its examination by the physician will induce him to discard the disgusting *Pessary hitherto in use*. It is gratifying to state that it has met the decided approbation of Sir Astley Cooper, of London, Edward Deafield, M.D., Professor of Midwifery, University of the State of New York, of Professors of Midwifery in the different Medical Schools of the United States, and every other Physician or Surgeon, who has a practical knowledge of its qualities, as well as every patient who has worn it.

The public and medical profession are cautioned against impositions in this instrument, as well as in Trusses vended as mine, which are unsafe and vicious imitations. The genuine Trusses bear my signature in writing on the label, and the Supporter has its title embossed upon its envelope.

AMOS G. HULL, Office 4 Vesey Street, Astor House, New York.

The Subscribers having been appointed Agents for the sale of the above instruments, all orders addressed to them will be promptly attended to.

JAN. 3.

lyrop

LOWE & REED,
94 Merchants Row, Boston.

MEDICAL INSTRUCTION.

The subscribers are associated for the purpose of giving Medical Instruction. Students will be admitted to the medical and surgical departments of the Massachusetts General Hospital, may see cases in one of the Dispensary Districts, and have abundant opportunities for observing the malignant and varioloid diseases. They will receive clinical instruction upon the cases which they witness, and during the interval of the regular lectures at the College, they will receive instruction by lectures and recitations upon the various departments of medical science. Ample opportunities will be afforded for the cultivation of Practical Anatomy. They have access to a large library, and are provided with a study, free of expense.

Applications may be made to either of the subscribers.

M. S. PERRY, M.D.
H. I. BOWDITCH, M.D.
J. V. C. SMITH, M.D.
H. G. WILEY, M.D.

July 25—eptm—emtJy

VACCINE VIRUS.

PHYSICIANS in any section of the United States can procure ten quills charged with Pure Vaccine Virus by return mail, on addressing the editor of the Boston Medical and Surgical Journal, enclosing one dollar, post paid, without which no letter will be taken from the post office. Oct. 25.

LECTURES ON THE DISEASES OF THE EYE.

DR. JOHN JEFFRIES will deliver a series of lectures on the Anatomy and Diseases of the Eye, at the Massachusetts Eye and Ear Infirmary, to commence the second week in November and continue during the course of medical instruction of Harvard College. The lectures will be illustrated by cases under attendance at the Infirmary.

No. 9 Franklin Street.

Boston, October 24, 1838.

C31.—31.

THE BOSTON MEDICAL AND SURGICAL JOURNAL is published every Wednesday, by D. CLAPP, JR. at 184 Washington Street, corner of Franklin Street, to whom all communications must be addressed, post-paid. It is also published in Monthly Parts, each Part containing the weekly numbers of the preceding month, stitched in a cover. —Price \$3.00 a year in advance, \$3.50 after three months, and \$4.00 if not paid with the year.—Agents allowed every seventh copy gratis.—Orders from a distance must be accompanied by payment in advance, or satisfactory reference.—Postage the same as for a newspaper.